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ABSTRACT

This resource guide lists videotape recordings; filmstrips with audio cassettes; computer programs and software; kits, resources, and curriculum guides; 16 millimeter films; slides; and books on nutrition education. Each entry has a short description and is coded for audience level. The source for each item, as well as purchase or borrowing terms are also provided. (AMH)

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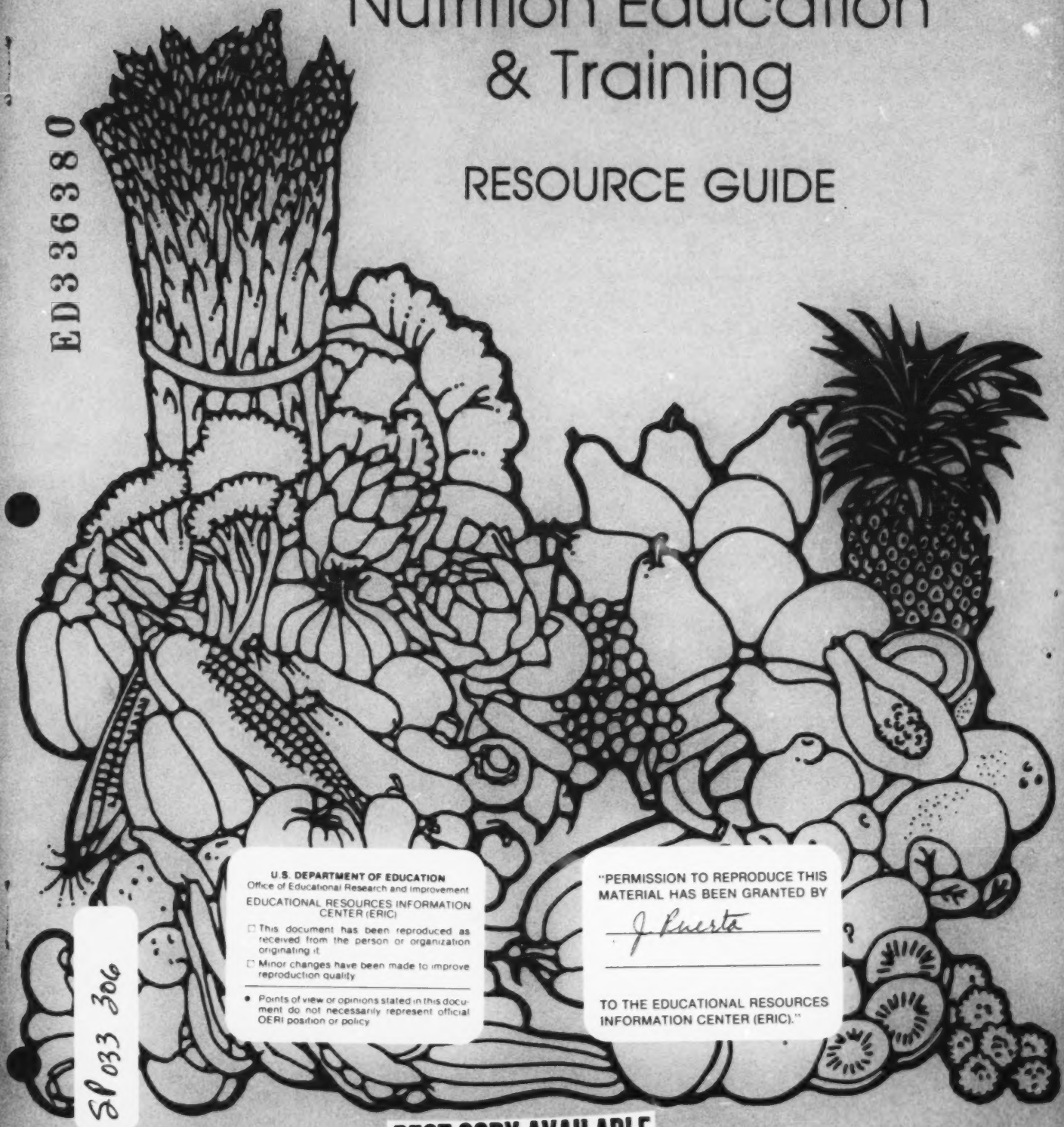
Wyoming Nutrition Education & Training

RESOURCE GUIDE



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Nutrition Education and Training Resource Guide

Wyoming Department of Education
Hathaway Building, 2nd Floor
Cheyenne, Wyoming 82002

The following is a list of resources, purchased with funds made available through the Nutrition Education and Training Program (NET). They are available for free loan on a first come, first serve basis. However, under some circumstances reservations may be made for films and filmstrips. Return postage must be paid by the recipient. Short term usage of a week or less is encouraged for most materials. For further information, please do not hesitate to write the NET Program or phone (307) 777-5804. The source and cost of the resources are noted in the event that a school district might wish to purchase their own copy of the teaching aid.

VIDEO TAPES (VHS)

ET **Nutritions Mission** (1985), MARYLAND ITV, Maryland State Department of Education. In-service program for Elementary Teachers. Cost - $80.00.

Lesson #1 - Eating for Health - Diet related causes of death
Lesson #2 - Nourishing - Digestion - 39 minutes total

Lesson #3 - Choosing Wisely - Factors affecting good selection
Lesson #4 - Building Consumer Skills - Product labeling - 39 minutes total

John Burstein (Slim Goodbody) as the host, is interspersed with question and discussion segments. The total in-service program is designed for a three hour time period, but could be broken into several shorter periods. A copy of the workshop leader's guide, and a copy of the participant guide is included.

AFS **Effficient School Food Production** (1986), 48 Food Service Training Tapes. American School Food Service Association, 1600 Duke Street, 7th Floor, Alexandria, VA 22314.

Approximately 15 minutes each, accompanied by a study guide. Color. Excellent for a short on-the-job or after-work training session. Simple to use. Cost - One Series - $3,850; all five series - $16,800.

A FS *Series I* -- **Meats and Entrees**

Unit
1 - Meats and Entrees - Science
2 - Selecting and Preparing Turkey for Cooking
3 - Roasting Turkey
4 - Turkey Dishes
5 - Roasting and Braising Beef
6 - Ground Meat
7 - Beef Dishes
8 - Veal and Lamb
9 - Pork and Variety Meats
10 - Weiners, Sausages and Cured Meats
11 - Chicken
12 - Fish
13 - Dried Beans and Other Legumes
14 - Stocks
15 - Soups and Chowders
16 - Meat and Vegetable Sauces
17 - Cheese and Egg Dishes
18 - Pasta and Rice Techniques
19 - Italian Dishes
20 - Oriental and Polynesian Dishes
21 - Mexican Cooking
22 - Sandwiches

Series II -- **Cooking Vegetables**

Unit
1 - Selection, Preparation and Storage of Fresh Produce for Cooking
2 - Vegetable Cooking Science
3 - Cooking Green and Leafy Stem Vegetables
4 - Cooking Root Vegetables
5 - Cooking Seed Type Vegetables
6 - Cooking Fruit Type Vegetables
7 - Potatoes I - Selecting and Preparing
8 - Potatoes II - More About Potatoes
9 - Stir Frying
10 - Planning and Timing Vegetable Cooking

Series III -- **Salads**

Unit
1 - Selection, Preparation and Storage of Fresh Vegetables for Salads
2 - Fresh Fruits - Selection, Storage and Use
3 - Salad Dressing
4 - Vegetable Salads
5 - Fruit Salads
6 - Cold Plates and Main Dish Salads

Series IV -- **Bakery**

Unit
1 - Yeast Bread Science I -- Ingredients
2 - Yeast Bread Science II -- Procedure
3 - Dinner Rolls
4 - Basic Sweet Yeast Dough
5 - Danish Roll-In Dough
6 - Yeast Bread Variations
7 - Baking Powder Biscuits
8 - Muffins
9 - Muffin Variations
10 - Quick Bread Variations

FS **School Recipe Portfolio** (1985 Edition), Mississippi State Department of Education. Sillers Office Building, P.O. Box 771, Jackson, MS, 39205; 9 minutes, color. Cost - free.

The video is to be used in conjunction with the **School Recipe Portfolio** binder of recipes for food preparation and service.

FS **SAF Baking Demonstration** (1987), SAF Products Corp., 310 Grain Exchange Building, P.O. Box 15066, Minneapolis, MN 55415; 30 minutes, color. Cost - free.

Noel Williamson and Clint Hughes show how to prepare a variety of baked goods. Humor is displayed in the bread baking presentation.

E/J **Soopergoop** (1975), Churchill Films, Inc., 662 N. Robertson Blvd., Los Angeles, CA 90069; 13 minutes, color. Cost - $205.

An animated film that explores advertising. Rodney the cat shows how a sugary sweet cereal is produced and promoted to children as a nutritious and good-for-you food. The fallacies and tricks of advertising are exposed.

J/S **Fear of Fat** (1986), Churchill Films, Inc., 662 N. Robertson Blvd., Los Angeles, CA 90069. 28 minutes, color. Cost - $350.

This film looks critically at how food has become a pre-occupation that can lead to an eating disorder. It focuses on five young women, all in stages of recovery from eating disorders. Different kinds of therapy and activities in overcoming these disorders are shown.

S FS A **Food Safety is no Mystery** (1987), USDA, Modern Talking Picture Service, 5000 Park Street North, St. Petersburg, FL, 33709. 28 minutes, color. (Entire package includes videotape, trainers manual, and posters.) Cost - $20.50.

This film revolves around a police sergeant who is hospitalized after eating ham salad at Gabe's restaurant. A detective and health inspector set out to find the source of the food poisoning. They suspect a notoriously poor food service worker, Benny, who has been responsible for other outbreaks in town. (Training areas covered are: Sanitation and Personal Hygiene; Safe Food Preparation; Preventing Cross Contamination; and Safe Cooling and Reheating of Foods. Each section gives "Hints for Managers.")

T **Nutrition in Action** (1987), Pennsylvania State University, Audio Visual Services, Special Services Building, University Park, PA, 16802. 30 minutes each, color; entire series cost $1,200.

The following is a ten part series of videotapes designed to motivate and prepare K-6 educators to teach nutrition. Each of the 10, 30-minute programs, discusses a specific nutritional topic relevant to school-age children and demonstrates creative classroom activities for teaching the concepts. These videos are also excellent for a short on-the-job or after-work training session.

1. *The Challenge of Making Food Choices.* Reviews factors influencing children's food choices.

2. *Nutritional Needs in Childhood.* Overview of six essential nutrients and their relationship to nutritional needs during childhood.

3. *Food for Fuel.* Digestion, absorption of nutrients, and energy balance.

4. *Vitamins.* Essential vitamins and functions they perform; details vitamins A and C.

5. *Minerals.* Functions that minerals perform; details calcium and iron.

6. *Guidelines for Food Selection.* Guidelines for helping children select foods; covers basic four food groups, dietary guidelines and nutrient density.

7. *Food Habits: What's Good to Eat?* Stresses importance and nutritional contribution of meals and snacks.

8. *Composition and Safety of Foods.* Information on recognizing and interpreting food label information; provides information on RDA, U.S. RDA, and food additives and safety.

9. *Nutrition Information and Misinformation.* Helps children develop skills to evaluate nutritional claims and to become discriminating consumers.

10. *Extending the Nutrition Environment.* Demonstrates how school administrators, staff members, parents and volunteers can provide support and expand the nutrition program.

E/J T **Kids Get Cooking the Egg** (1987), KIDVIDZ, 618 Centre Street, Newton, MA, 02158, 30 minutes, color. Cost $79.95.

Created for children 4-10 years old. They will be exposed to over 30 segments of music, comedy, science, art, ethnic holiday and nutrition.

J/S **Eating for Sport** (1988), The Polished Apple, 3742 Seahorn Drive, Malibu, CA 90265; 28 minutes, color. Cost - $139.50.

Nationally recognized experts on sports nutrition discuss athletes' needs in areas such as basic nutrition, carbohydrate loading, electrolytes, water replacement and more.

S A **Total Wellness I** (1985), Queue Educational Video, 562 Boston Avenue, Bridgeport, CT, 06610. 28 minutes, color. Cost - $59.95.

Program focuses on what we eat, how we think, and how these habits affect our health. Specialists offer hints on evaluating and improving our diets as well as developing attitudes of responsibility and self-control.

S A FS **Fry it Safe** (1988), The Institute of Shortening and Edible Oils, 1750 New York Avenue, NW, Washington, DC, 20006; 15:30 minutes, color. Cost - free.

Describes safe and effective ways to cook with solid fats and oils in a home kitchen to prevent a fire.

S A FS **Cheese Knowledge** (1988), Wisconsin Milk Marketing Board, 4337 W. Beltline Highway, Madison, WI; 12 minutes, color. Cost - free.

A variety of cheeses, about 30, are shown and described. Terminology is explained. Uses are suggested.

S A FS **Your Health: It's Your Responsibility** (1981), Sunburst, 101 Castleton Street, Pleasantville, NY, 10570; 43 minutes, color. Cost - $165.

A three part program designed to help students realize that their level of health is to a large degree his or her own responsibility.

Part I - *Wellness*. Shows that the practice of preventative measures and good habits will promote overall health and may lengthen life expectancy.

Part II - *Wellness, How To Get It*. Explains five parts of a wellness lifestyle. Provides tips on proper diet and exercise.

Part III - *Your Wellness Program*. Discusses how the wellness movement is spreading. Suggests guidelines that students can work toward.

S FS **Decorating With Food** A Step-by-Step Demonstration (1986), American School Food Service Association, 1600 Duke Street, 7th Floor, Alexandria, VA 22314, 30 minutes, color. Cost - $50.

It's easy to set an appetizing mood and increase student participation with mouth-watering counter decorations.

A J/S T **Feeding With Love and Good Sense** (1989), Bull Publishing Spany, P. O. Box 208, Palo Alto, CA, 94302-0208, 15 minutes each, color. Cost - $139.95 for set.

A set of four, 15-minute videotapes about the interpersonal dynamics that are found in the feeding relationship.

Part 1: The Infant (15:30 minutes)
Part 2: The Older Baby (18:29 minutes)
Part 3: The Toddler (13:18 minutes)
Part 4: The Pre-Schooler (12:43 minutes)

E **School Breakfast: Prescription for Success** (1989), Associated Milk Producers, Inc., P. O. Box 5040, Arlington, TX 76011, 8:15 minutes, color. Cost - $10.

The importance of breakfast is demonstrated. Breakfast sets the stage for classroom attentiveness and readiness to learn. The new school breakfast meal pattern is described.

FS **School Foodservice Orientation Program** (1989), Florida Department of Education, Tallahassee, FL 32399, 41:30 minutes, color. Cost - $31.

The program introduces basic principles of school food service work including:

1. Overview.
2. Operation and Facility.

3. Administration and Planning.
4. Ordering and Receiving.
5. Preparation.
6. Accountability.
7. Sanitation and Safety.

The video introduces the tasks and responsibilities of people who work in school food service. More detailed information regarding the above topics is given in a workbook. Review questions are designed to check the viewers understanding of the information presented.

P E **The Crunchy Critter Club** (1989), Georgia Department of Education, School Food and Nutrition Section, 1658 Twin Towers East, Atlanta, GA 30334, 12-15 minutes each segment, color, plus an educational packet to supplement activities shown on the video. Cost - free

Segment 1: Crunchy introduces his favorite food friends (the basic four) to the children. The importance of food to health is discussed.

Segment 2: The importance of sanitation and safety is emphasized in the making of a healthy snack.

Segment 3: Good manners at mealtime and personal hygiene are emphasized. Correct placement and use of eating utensils are shown.

Segment 4: Choosing nutritious foods for celebrating special occasions is encouraged.

A T FS J/S **Burning Questions: American Children: Diet of Danger** (1988), (MTI) Film & Video, 108 Wilmot Road, Deerfield, IL 60015, 49 minutes, color. Cost - $250.

American children and teenagers have dangerous eating habits. They are increasingly at risk for obesity, heart disease and other diseases affected by diet. An ABC news special that looks at eating habits from the 50's to the 90's.

J/S **The Inside Edge** (1989), Western Dairy Council, 12450 North Washington, Thornton, CO 80241, 9 minutes, color. Cost - $35.

To be an athlete, there must be some ability. Training will enhance the ability, however food fuels the human machine in every athletic performance. This sports video stresses the importance of a high-carbohydrate, moderate-protein, low-fat diet, high in fluids. Reproducible handouts are included.

Filmstrips With Audio Cassettes

J/S **The New Nutrition: What it Means to Teenagers** (1986), Sunburst Communications, Inc., 101 Castleton Street, Pleasantville, NY 10570; 32 minutes, color. (Three filmstrips/audiocassettes) Cost - $149.

Part I *Choosing Health* - Links today's life-shortening illnesses - heart and circulatory diseases, cancer and disorders tied to obesity - to diet and life-style choices. Stresses that by beginning now to follow the new nutrition guidelines, young people can reduce their risk of incurring these illnesses in later life. Focuses on some typical teenage eating styles to show viewers a list of meals, snacks and drinks over a 24-hour period to become more aware of what they eat, why and when.

Part II *Foods Make the Difference* - Reports on the basic guidelines of the new nutrition. Lists the foods to avoid and those to include to protect against cancer, heart diseases and osteoporosis. Recommends that teenagers choose a balanced diet that contains proteins, carbohydrates and fats. Discusses ways to achieve a diet lower in cholesterol. Explains which carbohydrate foods are the most nutritious, why eating certain fruits and vegetables can cut your risk of cancer. Shows why it is important to vary protein sources and reduce salt intake.

Part III *Maintaining Your Ideal Weight* - Advises viewers that unless they are seriously under or overweight, no special weight-control diet is really necessary. Backs up this assertion by pointing out that they already have in hand one of the two basic tools for managing weight: the basic principles of the new nutrition. Identifies aerobic exercise as the second basic tool. Distinguishes between aerobic and anaerobic exercise, demonstrates how both aid in weight control. Shows how one teenager achieved fitness and a better body image by combining eating right with a daily program of aerobic exercises.

J/S A **Dangerous Dieting: The Wrong Way to Lose Weight** (1984), Sunburst Communications, Inc., 101 Castleton Street, Pleasantville, NY 10570; 15 minutes per part, color. (3 filmstrips/audiocassettes) Cost - $145.

This filmstrip set takes a critical look at the best-selling fad diets on the market. It reveals why the majority of these weight-loss schemes do not work and even may be damaging to the health.

Part I *The Losing Battle* - Examines our society's obsession with thinness. Explains how pressure from the advertising and fashion industries has helped popularize a plethora of dieting gimmicks.

Part II *Rating the Diets* - Examines some specific fad diets, then contrasts these unsound dieting practices with a healthy weight loss plan.

Part III*Eating Disorders* - Points out that eating disorders such as bulimia and anorexia nervosa are on the rise and examines some social and psychological factors which may contribute.

J/S **Nutrition on the Run: Snacks and Fast Foods** (1980), Sunburst Communications, Inc., 101 Castleton Street, Pleasantville, NY 10570, color. (3 filmstrips/ audiocassettes) Cost - $149.

This film helps teenagers to evaluate fast foods with their fast food habits.

Part I *"And What Did You Eat Today?"* - Shows a teenager's eating habits in a typical day - from skipping breakfast, to a quick school lunch, to an afternoon snack high in calories, sugar and fat, to dinner on the run.

Part II*Fast Foods* - Analyzes brand-name hamburgers, pizzas, fish and chicken dishes, side orders and soft drinks at 11 fast-food chains.

Part III*Snack Foods* - Tells how to spot snacks high in nutrient value as opposed to junk foods. Examines food processing, fortification and additives for health safety and discusses hidden additives like sugar and salt.

P E **Nutrition Around the Clock** (1980), Walt Disney Educational Media Company, 500 S. Buena Vista St., Burbank CA 91521, Grades K-3, 5 filmstrips/audiocassettes. Cost - $147.20.

Includes:

Beakfast: Gives Your Bounce (9:30 minutes);
Lunch: Trying New Foods (8:30 minutes);
Dinner: A Time for Sharing (9:30 minutes);
Fast Food Facts (8:15 minutes);
Smart Snacks (7:15 minutes).

Set of five posters, set of eight recipe activity cards, set of ten spirit masters.

The major objectives accomplished in this nutrition filmstrip set are: to show the relationship between proper nutrition and good physical, mental and emotional health; to develop an awareness of good nutrition habits; to encourage students to take responsibility for making good food choices; and to provide examples of nutritional food that they can make.

P E **Orange Bird's "Get to Know Good Nutrition Show"** (1984), Walt Disney Educational Media Company, 500 S. Buena Vista St., Burbank, CA 91521, Grades 4 thru 6, five filmstrips/ audiocassettes. Cost - $147.20.

Includes:

Table Fables (8:30 minutes);
The Case of the Missing Nutrients (10:30 minutes);
Digestion Along the Body Highway (8:45 minutes);
The Calorie Olympics (9:45 minutes);
The Refrigerator Raiders (10 minutes);

Comic Books, exercise cassette, set of five posters, set of nine spirit masters.

This filmstrip set shows students the relationship between nutrition and good health with Orange Bird as the conductor of an original nutrition song in each filmstrip. They learn the importance of a balanced diet, are introduced to the six nutrients and their functions, the digestive system, and nutritious snacks. Exercise is encouraged with an extra cassette on exercise.

P E **The Snacking Mouse** (1977), The Polished Apple, 3742 N. Seahorn Dr., Malibu, CA 90265; 5 minutes, color. Cost - $49.75.

A presentation of the dangers of sugary snacking. Laced with humor and loaded with suspense, this is the tale of a mouse who could not stop snacking. The purpose of this filmstrip is to discourage young children from excessive snacking, especially to the exclusion of regular meals. It also allows the teacher the opportunity to introduce a variety of more nutritious snack foods.

P **The Snacking Mouse Goes to School** (1981), The Polished E Apple, 3742 N. Seahorn Dr., Malibu, CA 90265; 6 minutes, color. Cost - $49.75.

This is a perfect companion to "*The Snacking Mouse.*" The Snacking Mouse faces new temptation, new perils, in a totally new environment where he must choose between sweets and sources of longer lasting energy.

E **Nutrition for You** (1986), Educational Activities, Inc., P.O. Box 392, Freeport, NY 11520, color. Cost - $69.

The relationship of food to health and growth is discussed. Criteria for selecting nutritious food is presented. The physical and socio-cultural environment in the United States and other parts of the world are explored to note the types of foods that are eaten.

Part I *What is Nutrition? What is Nutrient? Why do we Need Them?*
Protein, carbohydrates, fats, vitamins, minerals and water are detailed.

Part II *You Are What You Eat - Why do You Eat? How do Your Select Food?*
The basic food groups are discussed as a general guide for a balanced diet. The program emphasizes the body's need for nutrients, not specific foods.

Computer Programs/Software

J **Grab A Byte** (1983), National Dairy Council, 12450 N. Washington, Thornton, CO 80241. Apple Series and IBM PC, color. Includes: 1 floppy disk, 8 page instructor's guide, 8 page user's guide. Cost - $25.

This program uses a quiz format to examine the student's knowledge about food groups, nutrients, and calories. The student can select a meal from a list of foods and the computer will do an analysis of the nutrient content. Students can adjust the menu to take care of deficiencies that are identified. Recommended for grades 7-9.

E **Food Encounters** (1984), National Dairy Council, 12450 N. Washington, Thornton, CO 80241. Apple Series and IBM PC, color. (Includes: 2 floppy disks, recorded 4 sides, 28 page instructor's guide, 28 page user's guide.) Cost - $25.

This program assigns students the delivery of nutritious food to space stations. Students are given the information they need to understand the four food groups and the foods that belong in each group. In addition, the major nutrients supplied by each group are given. Foods that lack the nutrients to belong in any of the four food groups are in an "others" category. If students err, the program automatically moves them to a remedial educational loop. Recommended for grades 3 thru 6.

J/S A **Nutrition Pursuit** (1986), Learning Seed, 330 Tesler Road, Lake Zurich, IL 60047. Cost - $49.

Over 600 questions will teach and entertain, covering the areas of food facts, the grocery store, fitness, snacks and cooking.

J/S **Nutrition Volume I** (1982), MECC, 3490 Lexington Avenue, North, St. Paul, MN 55126. Cost - $49.

Offers a nutrition analysis of foods eaten in one day.

S A **Nutrition Volume II** (1982), MECC, 3490 Lexington Avenue, North, St. Paul, MN 55126. Cost - $49.

Offers the opportunity to analyze eating habits in relation to activity levels.

J/S **Nutri-Venture Apple IIe** (1985), Kellogg Company, Kellogg's Nutri-Venture, P. O. Box 5159, Kalamazoo, MI 49003. Includes: 3 games - Breakfast Crisscross; Nutrition Shuttle; K-2000 Computer. Cost - $25.

Games that can be completed in 10-20 minutes. In Breakfast Crisscross, the player must choose a menu that outscores the opponent's, including low in fat, high in iron, high in calcium, etc. In Nutrition Shuttle, the player embarks on a five-week mission where maintaining weight and physical activity is important. If a balance in caloric intake and caloric expenditure is not maintained, the shuttle may miss the planned landing site. A total of 150 true/false questions are asked to determine a level of knowledge that permits advancement to three levels. You may add questions of your own.

J/S **Nutrition and the Basic Four Groups** (1982), Orange Juice Software Systems, 338 S. Arch Avenue, New Richmond, WI 54017. Apple II, IIe and IIc. Cost - $135.

Five disks include the digestive system, introduction to the six nutrients (protein, carbohydrates, fats, vitamins, minerals and water). Discover a new food group called termites. Also includes a motivational review game, "nutri-asteroids."

Kits/Resources/Curriculum Guides

Food . . . Your Choice (1987), National Dairy Council, 12450 N. Washington, Thornton, CO 80241. Divided into seven separate programs: Preschool and grades 1, 2, 3, 4, 5 and 6. Each program contains a Program Overview, Learning Activities, Nutrition Primer, Duplicating Masters for student handouts and work sheets, and Resource Materials that are specific to each grade level.

P **Food Early Choices:** A *preschool* curriculum package, in English or Spanish, provides experiences that encourage wise food choices by three to six year old children, their parents and their teachers. The hands-on materials help children develop increased awareness of food and contribute to their overall development. The curriculum package includes: Teacher's Guide, Learning Activity Cards, Chef Combo hand puppet, food cards, record and songs. Cost - $40.

E **Food Helps Me Grow:** *Grade 1* - Students learn specific concepts about the relationship between food and their own growth. They compare themselves to infants, identify the differences in size, and discuss how food helped them grow. Cost - $15.

Food Gives Me Energy: *Grade 2* - Students are taught that food gives them energy and that their bodies need energy to move. They also learn that foods from plants and animals can be classified in the four food groups. In addition, they learn that foods go through many steps to get from the farm to the home. Cost - $15.

E **Foods Keep Me Healthy:** *Grade 3* - Students focus on how foods from each of the four food groups keep them healthy. In addition, they learn what combination foods are. This unit culminates with a play. Cost - $15.

E **Food In America:** *Grade 4* - Students investigate the foods available, both today and 400 years ago. Students discovery what nutrients are, the names of five major nutrients, and how those nutrients contribute to good health. Cost - $15.

E **Food and Technology:** *Grade 5* - Students explore how transportation, refrigeration, and food processing have played a key role in expanding the number of foods available to the consumer. They also learn about variety in the diet, the nutrient profiles of various foods, and the "others" category. Cost - $15.

E **Food Decisions:** *Grade 6 - S*tudents examine the factors that influence their food choices, including the media and food labels. They learn how to use the four food groups, combination foods, and "others" category, nutrients, calories, and the U.S. RDA as guidelines for making wise food choices. Cost - $15.

E **The Doofus Stories** (curriculum package) (1978), Learning Seed Project/MSH, Tremont St., Boston, MA 02111. Second grade. Includes a story book, teacher's guide, posters, work sheets, and word cards. Cost - $36.80 set.

"The Doofus Stories" is a fantasy book about a child-size bird who drops out of flight into a second grade school yard. The second graders discover that Doofus is exhausted because he didn't eat or exercise before leaving his tropical island of Zong. The children become his teachers.

This is a curriculum program designed for early elementary school about nutrition and fitness. The suggested activities and work sheets are part of the suggested activities. This program is planned for eight to 10 weeks, one period daily. The teacher's guide correlates to the pages of the storybook and is color-coded into sections, which are concepts, vocabulary, background information, teaching activities, and student work sheets. There are eight posters to reinforce the teaching concepts.

P E **Heart Treasure Chest** (teaching package) (1986), American Heart Association National Center, 7320 Greenville Avenue, Dallas, TX 75231; ages 3-6. Includes teacher's curriculum guide, five parent newsletters, audiotapes, posters, games, pictures, filmstrips, and stethoscope. All packaged in a bright yellow treasure chest. Cost - $40.

"Heart Treasure Chest" is a complete prevention-oriented heart-health teaching package developed by the American Heart Association. This curriculum is designed for children ages three to six years. The program focuses on the heart, how it works, how to tell if it's healthy, and how to care for it through proper diet, physical activity and rest.

16mm Films

A FS **Eye of the Supervisor** (1972), National Educational Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 12 minutes, color. Original cost - $279. Revised edition in video - $459.

For new supervisors and managers; experienced managers.

Key Concepts: Employee's basic job needs - approval, recognition, consistent performance standards; perceiving total performance; listening and evaluating. Preparation for the basic supervisory task of reviewing and evaluating employee performance. Stresses collecting and evaluating information before acting. Emphasizes the need for an "open mind" behind the "open eye"--open to positive as well as negative information about subordinates. The supervisor's eye must also look within for constructive self-evaluation and self-improvement. One of the most successful and widely used management development films in the world today.

A FS **Discipline - A Matter of Judgment** (1973), National Educational Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 11 minutes, color. Original cost - $279. Video - $385.

All management levels: Employee evaluation; motivation; discipline; counseling and guidance; employee relations; EEO; collective bargaining.

Key Concepts: Purpose of discipline - to train and control; discipline procedures. Dramatizes the imaginary courtroom trial of a supervisor who took disciplinary action against three employees. Emphasizes the need for objectivity and impartial judgment whether issuing a reprimand or terminating an employee. Stresses written rules, private disciplining, keeping accurate files. Teaches the use ofdiscipline to educate, not humiliate, and observes that discipline must be prompt and consistent.

A FS **Sanitation: Why all the Fuss** (1974), National Educational Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 15 minutes. Color. Original cost - $279. Replacement cost - $349. Video - $325.

An introduction to kitchen sanitation and hygiene. Shows biological reasons for sanitation and hygiene and the conditions for controlling bacterial growth. Explains the danger of bacteria, how bacteria spread from place to pl ace, and how their growth can be accelerated or retarded. Demonstrates how hands, clothing, kitchen tools, unclean surfaces, rats, roaches and flies can carry germs. Stresses importance of cleanliness and the need for proper ating and cooling of foods.

A FS **The Supervisor - Motivating Through Insight** (1971), National Educational Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 11 minutes, color. Original cost - $289. Video - $385.

For new supervisors and managers; experienced managers. Covers employees motivation; communication, principles of motivation, organization development; team building.

Key Concepts: Motivation through recognition, participation, creativity, job challenge, dignity, myths about motivation, value of self-motivation. Supervisors, to ieve results through others, must see employees as unique ividuals, with emotions and personal lives as well as jobs. To motivate them to want to work, supervisors must erstand human emotions--their own and their employees'-- the context of getting the job done. Principle is onstrated by role-playing. Based on theories of Maslow Herzberg, film uses chess game metaphor to counter old myths about job needs and to reveal practical keys to employee motivation.

A FS **Braising and Stewing** (1972), National Educational Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 10 minutes, color. Original cost - $289. Film replacement cost - $349. Video - $289.

Demonstrates processes of braising and stewing from initial choice of meat through browning, seasoning and sauce, to final presentation. Features preparation of beef pot roast and French lamb stew to show comparison between the two methods, stressing amount of moisture used, handling of gravies, cuts of meat. Low temperature simmering explained and other hints given to glamorize the less-tender cuts used in braising and stewing.

A FS **Vegetable Preparation** (1972), National Educational Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 10 minutes, color. Original cost - $289. Film replacement cost - $349. Video - $289.

The essentials of vegetable preparation showing how to maintain color, taste, texture, and nutrition. Shows proper procedures for boiling and other cooking methods, including steaming, sauteing, and deep fat frying. Exposes errors of overcooking, use of excessive water, delays, bad planning, harmful additives. Detailed sequence shows acceptable ways of preserving or heightening color. Creativity encouraged in sauces, presentation. Fresh and frozen vegetables used.

A FS **Using Standarized Recipes**(1971), National Educational Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 10 minutes, color. Original cost - $289. Film replacement cost - $349. Video - $289.

Shows how to interpret and use standardized commercial recipes. Includes necessity for advance planning, precautions in substituting ingredients, conversion of weights and measures, and proper techniques for cooking and preparation. Portion control is emphasized, as is presentation and appearance of the completed recipe on a serving plate. Utilization of several different types of recipes is presented.

A FS **Receiving and Storing** (1973), National Education Media, Inc., 21601 Devonshire St., Chatsworth, CA 91311; 15 minutes, color. Original cost - $279. Film replacement cost - $349. Video - $325.

Basic principles of receiving and storing foods. Shows importance of proper procedures in checking quality and quantity of received goods. Includes detailed explanation of both dry and refrigerator storage to prevent contamination, waste and pilferage. Motivates employees to greater care in work by showing importance in maintaining control of merchandise.

Slides/Shows

J/S A **School Lunch: The Centsible Solution** (1987), American School Food Association, 1600 Duke Street, 7th Floor, Alexandria, VA 22314, 20 minutes. Color, 55 slides/audiocassette. Cost - $50.

This slide presentation explains the meal pattern, offer vs. serve, and cost of school lunch vs. lunch from home. Demonstrates the importance of School Lunch Program to parents and high school students.

S **School Nutrition Action Project** (SNAP), (1985), FNIC, Room 304, National Agriculture Library, 10301 Baltimore Blvd., Beltsville, MD 20705. Color, 69 slides/audiocassette. For loan only.

Designed to safeguard the health and well-being of the nation's children through menu modification, parent-student involvement and a nutrition information network.

S A FS **Nutrition for Young Minds** (19??), Center for Women's and Family Living Education, University Extension, University of Wisconsin; Color, 63 slides/audiocassette. Cost - free.

Malnutrition in children is defined. It is not just a problem of other countries. The importance of adequate protein is stressed. Under-nutrition in infancy appears to affect the individual's performance for a lifetime.

Books

Grades

FS **American Heart Association Cookbook**- 4th Edition, David McKay & Co., New York, 1984 ($15.95).

E Bernick & Bershad -- **The Doofus Stories**- Public Schools of Newton, MA, 1978 ($8.95).

FS A Better Homes and Gardens -- **Healthy Foods for Hungry Kids**, Meredith Corporation, Des Moines, IA 1987 ($5.95).

FS A Better Homes and Gardens --**Kids' Snacks**- Meredith Cor poration, Des Moines, IA, 1985 ($5.95).

FS A Better Homes and Gardens -- **Low Fat Cooking**- Meredith Corporation, Des Moines, Iowa, 1985 ($6.95).

FS A Better Homes and Gardens -- **Low Salt Cooking**- Meredith Corporation, Des Moines, IA, 1983 ($6.95).

FS A Brody -- **Jane Brody's Good Food Book**- Bantam Books, New York, 1985 ($12.95).

FS A Brody --**Ja ne Brody's Nutrition Book**- Bantam Books, New York, 1987 ($12.95).

A Brewster & Jackson -- **The Changing American Diet**- CSPI, Washington, DC, 1983 ($4.00).

E Burns -- **Good for Me!**- All about food in 32 bites, Little Brown and Company, Boston, MA, 1978 ($13.95).

FS A Clark -- **The Athlete's Kitchen**- Bantam Books, New York, 1981 ($4.50).

A Feingold & Feingold -- **The Feingold Cookbook for Hyperactive Children**- Random House, New York, 1979 ($5.95).

FS A E Finlay and Foos -- **Microwave Picture Cookbook**- Redwood Coast Regional Center, Eureka, CA, 1985 ($8.25).

FS A E Finlay and Foos -- **Picture Recipes for Independent Cooking** - Redwood Coast Regional Center, Eureka, CA, 1985 ($13.95).

FS A E Finlay and Foos -- **Snack Picture Recipes**- (4 books), Redwood Coast Regional Center, Eureka, CA, 1986 ($4.95).

E Geisel & Geisel -- Dr. Seuss, **Green Eggs & Ham**- (book and tape), Random House, New York, 1987 ($5.95).

FS A E Goodwin & Pollen -- **Creative Food Experiences for Children** - CSPI, Washington, DC, 1980 ($7.95).

FS A Hamilton, Whitney & Sizer --**Nutrition Concepts and Controversies**, 4th Edition, West Publishing Company, St. Paul, MN, 1988 ($31.80).

J/S T Mehas & Rodgers -- **Food Science and You** ($17.97) and **Teacher's Resource Guide** -- Glenco, Mission Hills, CA, 1989 ($19.95).

FS A Natow & Heslin -- **The Pocket Encyclopedia of Nutrition**- A Pocket Books, New York, 1986 ($5.95).

FS A T Oryx -- **Audiovisual Resources in Food and Nutrition**- Volume 2, Oryx Press, Phoenix, AZ, 1985 ($42.50).

FS A T Oryx -- **Food and Nutrition Bibliography**- Volume ll, Oryx Press, Phoenix, AZ, 1984 ($44).

FS Pannell -- **School Foodservice**- 3rd Edition, AVI Publishing Company, Westport, CT, 1985 ($33.95).

A T Pipes -- **Nutrition in Infancy and Childhood**- Mosby, St. Louis, 1989 ($18.95).

FS A USDA -- **Promoting Nutrition Through Education**- A resource guide to the Nutrition Education and Training Program, Superintendent of Documents, Washington, DC, 1984 ($7.50).

P A T — Un iversity of Maryland, Head Start Resource and Training Center -- **Living and Teaching Nutrition**- College Park, MD, 1983 ($20).

FS — West, Shugart & Wilson -- **Food for Fifty**- 6th Edition, Wiley & Sons, New York, 1979.

FS A E — Zeller & Jacobson --**Eat, Think and Be Healthy**- CSPI, Washington, DC, 1987 ($8.95).

Key Guide:

T = Teachers

A = Adults

FS = Food Service

P = Primary

E = Elementary

J = Junior High

S = Senior High

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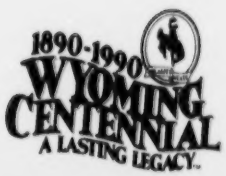

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